

## Basketball.

Basketball is the youngest of the major school sports. Before the present war it was estimated that there were 16,000,000 players in different countries of the world. The late Dr. Jas. Naismith originated the game at Springfield Y. M. C. A. School (Mass.) in 1891. While most of the other games have had a natural growth from centuries back, basketball was a deliberate invention. The game was developed to satisfy the need for a popular Winter sport. It was a synthetic indoor game based on the Indian games of Lacrosse & Hockey. A peach basket was used for a goal, and a soccer ball for the ball.

In Dr. Naismith's words there were 4 major principles involved:

1. That it should be interesting game with a ball that could be handled but not hidden by the hands.
  2. That it should be easy play to learn, so that anybody could learn.
  3. That it should be so skillful as to require considerable practice even then to be a little shy of perfection.
  4. That it should lack the roughness of football & be played indoors.
- In this connection while personal

contact is forbidden there are  
continuously intellectual & physical  
contests between players trying  
to outsmart each other. Another  
factor is eliminating roughness  
was in making the basket  
horizontal instead of as goals this  
skill is required rather than  
force in scoring.



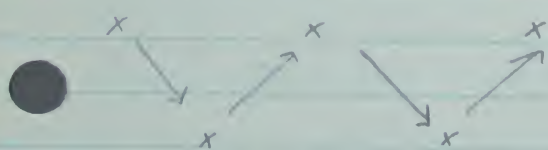
# Basketball

## Passing

### I Two Hand Chest Pass

1. Thumbs 11 & 4 to 5" apart.
2. Elbows in close to body.
3. Knees give & lean in the direction of pass.
4. Release ball without spin & just before arms are fully extended.
5. Follow thro' through.

## Practise Formations



### A. Zig-Zag

Two ranks facing in zig-zag formation, consecutive passes from one to eight and back.

Catch the ball with a step back, lean forward and follow thro' on the release.

### B. Shuttle

Two lines shuttle relay formation. Run to receive pass, stop in stride position, feint and pass. Later add pivot and pass.

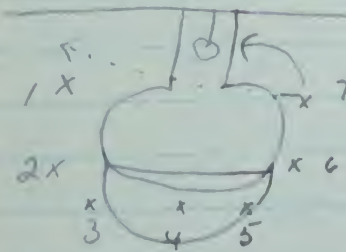
## Shooting

### I Two Hand Chest Shot.

1. Ball held lightly thumbs 11 as for chest pass. Elbows in.
2. Feet in running position.

3. Knees give, wrists give & lean forward toward the basket.
4. Arms extended upward, hands & ball passing close to the face.
5. Focus eyes on the rim of the basket. For long shots shoot without banking the ball.
6. Follow thro' for rebound.

### Practice Formation



A. Semi-circle  
Standing shot, follow in for rebound. Pass the ball out & return to position. Rotate when end person in semi-circle moves across.

B. Two Files.  
One file shooting, the other in for rebounds. The player taking the shot follows thro' under the basket on the outside to the rear of the rebound line, while the player securing the ball cuts on the inside to the shooting file.

Passing  
II. One hand overhead pass -  
1. Ball leaves finger tips head high.  
2. Follow thro' with body & arm.  
3. After the release the palm of hand should face on the floor - roll ball so fingertips.



## Practice Formations

### A. Circle Center Passe.

One ball for each circle. Player in center pass & receive to & from each in turn, clock action - standing pass.

### B. Circle Run

Same as above only pass & catch on the move. Pass is made in front of moving player. Practice in both directions.

### Review

Review 2 hand chest pass in zig-zag formation but taken on the run. Player crossing over around the pass.

## Shooting

### 4. Single Handed banked shot - left & right

1. Bank the shot high on the backboard & close to the rim (come in on angle of about  $45^\circ$  - do not hit backboard hard)

2. Twist wrist inwardly just as the ball leaves fingertips.

## Practice Formation

### A. Single File with Passe.

Line shooting from left to right, then from right. Continue alternately.

### Review

Long shot - 2 handed chest shot from semi-circle formation.

# Offensive Tactics. Centre Plays.



## Single Return Pass.

1. Centre forward starts ball from centre circle - fake before passing ball.
2. Pass ball ahead of receiver.
3. Shoot on the run.
4. Pivot & dodge when you do not have the ball (to prevent cunnin in circles)
5. Keep in  $\Delta$  formation around basket in order to get rebounds.
6. 2 forwards cutting in - 2 possibilities depending on floor situation.

## Play:-

- (A) R. & L. forwards run toward centre line ( $f_1 + f_2$ )
  - (b)  $F_1$  receives pass from  $F_3$
  - (c)  $F_2$  fakes direction of run & cuts to basket.
  - (d)  $F_3$  runs down centre passing in front of guard & receives pass from  $F_1$ .
- (Same play starting other side)



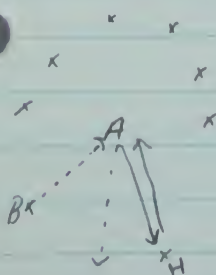
## Passing

### Two-Hand Underhand pass.

1. This is effective and easily executed.
2. Two hands are on the ball & it is passed from practically the same position as rec'd.
3. Usually the ball is caught at the waist and in passing it should be carried back to the hips. This moves one arm back & the other across the body.

## Practice Formation

### Circle - Cut to center.



1. Ball starts at center w. player A. Player A passes to H. & moves out of position.
2. Player B cuts to center to receive pass from A.
3. Player B passes to A then C cuts to center, etc.

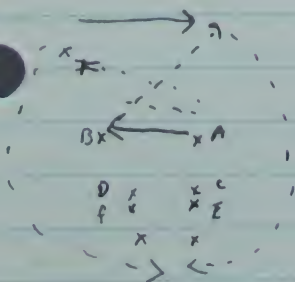
## Evading

### Pivot around a guard.

1. Three-step turn (practice in 9. form)

## Formation

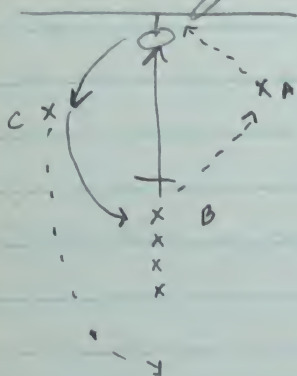
### Couples with a marker.



1. Player A passes to B. Marker guards A and player A pivots around marker and runs diagonally across to receive the ball from B. 96

2. Player B having passed the ball is guarded by the marker. B pivots & moves diagonally forward to receive ball from A.
3. Player A & B fall in at end of line - players C & D ready. Marker remains this out.

### Shooting



### Group I

#### Long Shot & Rebound Practice.

1. B has ball beyond free throw line - takes a long shot - (moves to position A)
2. A goes in on rebound & passes to C. (moves to position C)
3. C passes to new B and moves to end of B line.

### Group II

#### Center floor.

Step bounce and leap for single hand shot.  
Perfect foot-work.

### Group III

#### Two-hand Diagonal Banked Shot.

Close in rt. then lt. side.

1. Line comes in on diagonal - Close in shot - change to other side.
2. Passer remains this out.
3. Finish center - bounce and single hand shot.

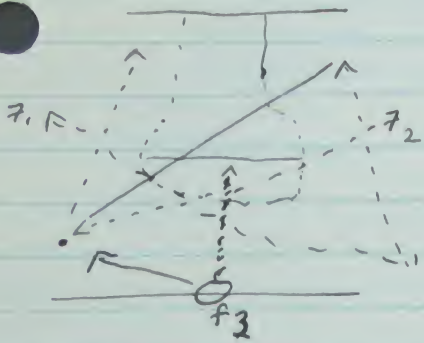
### Offensive Tactics

# 2

#### Forwards Cross.

To be used when opposing center guard breaks up single pass (# 1).





1. R. & L. forwards run from back court & cross paths in front of opposing center guard.
2. F2 receives pass from F3.
3. F1 pivots and cuts directly to basket receiving ball from F2 and shoots.
4. F3 cuts straight down center to basket (may receive pass from F2 if F1 guarded).
5. F2 cuts to basket after passing ball.

### Play

- (A) R. & L. forw. cross over - (faint from center to forw. crossing (5'5'))
- (b) F2 receives ball from F3
- (c) F2 passes to F1 cutting to basket.
- (d) Both F2 & F3 cut to basket for rebound or return pass.

### Passing

### Review

- A. Chest pass.
- B. Bounce "
- C. One-hand overhead pass
- D. Two- " underhand "

### Shooting

1. Single-handed banked shot into basket. Start from marked position on floor. Move diagonally into basket & take a banked shot at far side.
2. Rhythm - step - bounce - catch & shoot.



3. When shooting from the R. having crossed from L. to R. pivot on L. foot leaping into air & R. shoulder, arm & hip in toward the basket.

4. Lift and tight before releasing from fingers.

**Offensive Tactics** - A team is on the offensive whenever any member on the team has the ball in her possession. The attack may be divided into 3 parts:

1. The situation when the ball is secured.
2. The method of making an opening for the shot.
3. The position of the team when the shot for the basket has been made.

**Practice Formation** - Three forwards & 3 defence using  $\frac{1}{2}$  the floor. The attack starting from center. (Odd player starting ball in play to be used as an extra to help make openings.

**Defensive Tactics** - A team is on the defensive as soon as they have lost possession of the ball.

The guards have 3 main jobs:-

1. To keep between the forwards & the basket in order to make shooting difficult & to be ready for rebounds.

2. To secure the ball from the rebound & clear it away from the danger zone around the basket.